

Or not, most probably. Scott revealed there may be a brightening in the third slice of the dark material fans have come to love.

"It's unavoidably more positive - there's no escaping the fact I enjoy the darker aspects of life no matter whether I'm waiting for disaster or trying to make it happen," laughed Scott.

Going on what sounds almost like a retreat on his own seems to have shifted the mood of the songwriter.



Frightened Rabbit.

"For the writing of this one, I went to Craill," he revealed. "One of my pals had a house there and it was empty and I got a nice feeling about it.

"It's very isolated and hard to get to for me without a bus journey from Edinburgh or Glasgow.

"So Craill definitely had an influence on the album and the subject matter. I'd take my walks to Anstruther and my days were pretty relaxing.

"I was my own boss."

It was also a chance for Scott to recharge his batteries after a busy time for Frightened Rabbit.

"In the month and a half I was there I got back some of the physical health I'd lost after a year and a half of touring," said Scott.

When we speak, Scott is giving his interview answers as he strolls along on a mission in Brighton, while the seagulls shriek in the background.

"I'm going to celebrate the fact our single *Swim Until You Can't Stand* by going and buying a copy.

"I always like to do that.

"It still makes me feel good when I see something we've done.

"And I like to remind myself that not everyone gets to release a record and hold a copy of it in their hands. I do the artwork for the records and it's nice to see the whole thing coming together.

"It's making a song complete."

*** Frightened Rabbit with The Phantom Band join forces on the Tune Up tour that includes dates in Fort William's BA Club tomorrow (Friday) and on Sunday at the Ironworks, Inverness.**